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HALIFAX'S LATEST SHOOTING STAR

MOOSEHEADS FORWARD BOUDREAU HAVING NO PROBLEM FINDING BACK OF NET THIS SEASON PAGE 17



Thursday, January 3, 2013







- Stacey Nash's first taste of lobster in 2013 will be extra special.
- Police officers froze the lobsters right away after the bus driver located her

missing suitcase, so they are still safe to eat.

Nash said she had been dealing with sinus problems that made it hard to taste or smell anything

until a recent surgery.

"I told (the officer), 'You don't know how happy I am," Nash said. "I'm so excited, I'm going to be able to taste lobster!"

'This will be a story we'll never forget'

Case cracked. Owner of missing suitcase gets lobsters, gifts back

Stacey Nash's Christmas vacation involved missing lobsters, the police and one thoughtful bus driver.

"This will be a story we'll

on Wednesday morning, Halifax Regional Police issued a release asking for the public's help in finding the owner of a suitcase with frozen lobsters and Christmas gifts inside.

A Metro Transit driver had turned it in to police after spotting it on Monday in the Clayton Park area.

"Given the nature of the

items, whoever owned it was not local," said police spokesman Const. Pierre Bourdages.
"It paid off to alert the public."
Thanks to a tip from some-



worker said, 'Stacey, if that happened in

"Му со-

Toronto you'd never get it back.' If I had to lose it, I'm glad I lost it in Nova Scotia." Stacey Nash

one who read the release and saw a Kijiji ad by Nash's sisterin-law about the missing suit-case, police called her in Toronto less than an hour later.

Nash said she was "just so

happy" everything was safe.
"I never eat seafood here
in Toronto," said Nash, who is originally from Shelburne, N.S. "It's just not the same."

The suitcase was lost around 6 a.m. on Monday when Nash's

brother drove her to the airport to catch a flight back to Ontario, after her first holiday visit to Halifax in 20 years.

Weather

your cold.

For the temporary relief of cough

When her brother saw that the back of the truck was open, he told her, "Stacey, you're going to have to do without your lobster.'

The luggage contained a Wii, clothing and Christmas gifts, besides the three large lobsters. Nash said she was upset when she learned it had vanished but she had to board the plane.

"I even checked my bag just in case," Nash said, in the hopes her brother would find it before she left. "The airport people had a good laugh — they hadn't heard that one before."

Her sister-in-law, Krista Nash, picked up the suitcase on Wednesday afternoon and is now making plans with her on how to ship the luggage to Toronto. HALEY RYAN/METRO





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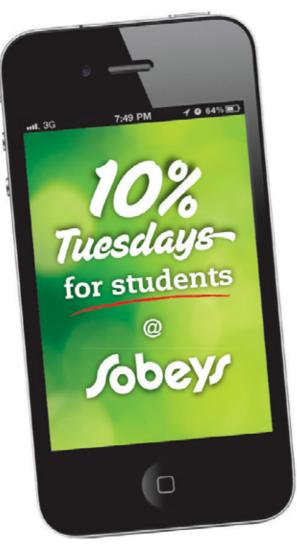


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Booze and grub

Halifax bars to open bright and early for Team Canada matchups

The folks at Bubba Ray's sports bar knew Haligonians would arrive at an ungodly hour to crush a few brewskies as they cheered on Halifax Mooseheads' Nathan MacKinnon and Jonathan Drouin and the rest of Team Canada battling for gold.

So they made it hap-

On Thursday, the popular watering hole on Spring Garden Road opened its doors at 5 a.m. for Canada's eagerly awaited world junior hockey championship semifinal matchup versus the United States. A full menu of booze and grub along with a \$5 breakfast was available.

The process of acquiring a special liquor licence from the province proved lengthy, but Bubba Ray's general manager Woody Menear predicted the end would justify the means.

"It was quite a process, but now we can open showcasing live games," said Menear. "No Canadian wants to watch replay hockey. It's going to be quite an event. It's unique to actually get up this early and watch great hockey and get served wings and beer."

Bubba Ray's will open again at 5 a.m. for Saturday's bronze-medal matchup if the Canadians fall short.

It will also be open for the more optimistic scenario: Saturday's championship game at 8:30 a.m.

They've already gone through a practice run, opening for Canada's round-robin matchup against the U.S. last Sunday at 5 a.m. A solid crowd showed up, even though no alcohol was served.

This time around Menear expects a full house.

"People are fans and starved for hockey. They'll be here." ANDREW RANKIN/METRO

Where to go

Other HRM locations open and serving alcohol for Team Canada games:

 Pizza Delight (Spring Garden Road), the Oasis Pub and Eatery, and Boston Pizza (Bayers Lake, Portland Street and Shubie Drive).



Eh, badda boom, badda bust

Shutdown. East Side Mario's closes Mic Mac Mall location without warning; staff gets no notice or explanation



RUTH DAVENPORT

The abrupt and unexplained closure of a Dartmouth eatery has left dozens of workers looking for jobs at one of the slowest times of the year.

Staff at the Mic Mac Mall East Side Mario's arrived for work on Jan. 1 to find the doors locked and the restaurant partly stripped of furnishings.

Former employee Kyle Hickey said after that, news the chain restaurant had closed for good spread among the staff via Facebook — with no input or explanation from

Permanent closure

"The East Side Mario's in Dartmouth's Mic Mac Mall has been permanently closed by its franchisees. We thank all our guests for their loyalty and patronage and hope to see them at the East Side Mario's in Bayers Lake."

Statement from East Side Mario's parent company, Prime Restaurants

management.

"They're just terminated after going through the busiest time and now they're all left jobless in January, when restaurants see their sales decrease," said Hickey, who worked at the East Side Mario's for five years before tendering his resignation Dec. 29. "We're talking about people who have families, single moms, students."

Mic Mac Mall general manager Chris Keillor said the closure of the restaurant came as a complete surprise on Wednesday. "We were closed, obviously, on Jan. 1, so here we are today, we came in and they didn't open," he said. "So we're investigating why it happened and essentially doing what we have to do."

Keillor said he hasn't been contacted by East Side Mario's management.

A statement from parent company Prime Restaurants said it was the decision of franchisees to close the eatery, but offered no further explanation.

Hickey said rumours suggest the closure is related to the pending opening of Target in the former Zellers' location — next door to East Side Mario's — and had nothing to do with business at the restaurant.

"I felt that we were doing well when I was there.... We were hitting our projected sales from what I understood," he said.

He said the wait and kitchen staff are still owed paycheques and tips from the bustling holiday season, and some are talking to the labour board.

Mostly, he said his former colleagues are just shocked and angry by the way the closure was handled.

"For people who were expecting to go into work on January 1, 2, 3, whatever, they're really out in the cold," he said.

Follow Ruth Davenport on Twitter @ncnvenientruth



No skating. Oval closed for much of Thursday

The Emera Oval will be closed to the public for most of Thursday while crews complete a required painting job.

HRM says lines will be painted for the speedskating events scheduled for this weekend, and future skating use. Work will begin at 6 a.m., but should be completed before the 4 to 7 p.m. public skates. In case of any work delays, skaters are asked to visit skatehrm.ca before they go, or call the Oval hotline at 490-2347 to check for the latest updates. METRO

metr⊕

Bandits come up empty after ramming stolen Jeep into shop

Attempted robberv.

Owners believe the suspects were under the influence of drugs and 'looking for a few bucks'

ANDREW



RANKIN

Thieves in a stolen Jeep that smashed through a Dartmouth pawnshop early on Wednesday morning fled empty-handed but left behind \$10,000 in damage, says one of the store's

co-owners.
"I'd rather just leave 50 bucks out there for the next crackhead because that's about the size of it," said Denise Julien, who, with her husband Gary, owns Platinum Pawn Shop at 141 Main St. "That's what they were after, and they ended up causing thousands of dollars in damage.

The break-in happened at about 2:30 a.m. and was captured on the shop's surveillance cameras. Julien said it lasted all of two minutes, with the video showing two men trying, without success, to open the cash register and safe.

"I've been doing this for about 30 years, and if we've been shot at and reopened, we're certainly going to reopen now."

Denise Julien, co-owner of Platinum Pawn Shop

One of the suspects grabbed two cellphones, but dropped them in a rush to flee the shop.

Shortly afterward, police found the vehicle and learned it had been stolen in Sackville.

The owners arrived at the shop minutes after the break-in. They were still there in the late morning as construction crews boarded up the smashed front door and window.

"You can't go home with a gaping hole in the front of your business," Julien said.

A vehicle was also used to plow through Mighty Small Cars on Windmill Road on Dec. 17. In that heist, a pair of men made off with thousands of dollars in merchandise.

Julien said police told her ey believe the break-ins might be connected.

Const. Pierre Bourdages, spokesman for the Halifax



Regional Police, said the investigation is ongoing and as of Wednesday afternoon there wasn't enough evidence to

link the robberies.

Platinum Pawn which has operated for the past 27 years, was robbed at gunpoint four years ago.

Julien said the shop would be open for business on Thurs-

She added that the incident was "not a very nice birthday present," for her husband, who turned 67 on Wednesday.

Bail hearing adjourned for man charged in hammer attack



A 44-year-old Nine Mile River man charged with attempted murder on New Year's Eve had his show-cause hearing adjourned until Thursday

morning.
Paul Roderick Fowler of 1130 Renfrew Rd. is alleged to have taken a hammer to Robin McConnell's head. He is also facing a charge of assaulting Nicole Fowler and uttering a death threat to her and Mc-Connell.

The assault is alleged to have happened in another

home on Renfrew Road in

Fowler is also charged with carrying a weapon — a hammer — for the purpose of committing an offence and careless storage of five rifles.

He appeared in court in Truro on Wednesday, and the case was adjourned until Thursday at 9:30 a.m. in Shubenacadie.

Crown attorney Paul Drys-dale asked that the adjournment be until Monday, since a key Crown witness is not avail-

Police say Fowler has served as president of the Hants County chapter of the Bacchus Outlaw Motorcycle Club but they aren't sure if he is still affiliated with the group.

able to appear on Thursday. Judge Warren Zimmer dismissed the request because Fowler has been in custody

since Dec. 31. He left it up to the court in Shubenacadie to decide whether to go ahead without the key Crown witness on Thursday.

Fowler was arrested on Monday morning after police were called to a Renfrew Road residence.

RCMP have said a 50-yearold man was attacked with a hammer and a woman was assaulted when she tried to intervene. Both victims sustained non-life-threatening injuries. Truro daily news

Three charged

Teens arrested in car theft

Three youth have been charged with the theft of a vehicle that was found abandoned in Bras d'Or. Cape Breton Regional Police recovered the 2001 Saturn on New Year's Day. It had been taken from Sydney Mines and was abandoned after it went off the road. Three males ages 15, 16 and 17 face charges. CAPE BRETON POST

Appointment

New Crown attorney named for Halifax

Richard Deveau has been appointed a Crown attorney in the Halifax Public Prosecution Service.

From Rogersville, N.B., Deveau graduated from St. Thomas University in Fredericton in 2006 and from the Université de Moncton law school in

While a student,

Deveau volunteered as a researcher for the Association in Defense of the Wrongfully Convicted in Toronto. He articled with the Newfoundland and Labrador Legal Aid Commission. His practice included child protection and family law, but he concentrated mainly on criminal law.

Public Prosecution director Martin Herschorn said Deveau's criminal-law expertise will be an asset to the province's team of Crown attorneys.

Recovering in Toronto

New Germany woman receives double lung transplant

A Nova Scotia woman suffering from cystic fibrosis says she has a new lease on life after a double lung transplant.

Jessica Carver, 33, of New Germany, says the genetic disorder had taken a toll on her lungs, pancreas and liver. She had surgery last month at Toronto General Hospital.

The one-time high school athlete was diagnosed with the disorder six months after her birth but showed no signs of ill health until about four years ago.

Post-surgery, Carver says she has regained her appetite and enjoyed New Year's Eve at the hospital with friends and family. She hopes to be back in her Ontario apartment by the end of the month to continue with her

If all goes well, she could return to her South Shore home by March. THE CANADIAN PRESS

New Year's Eve prank

Youth-centre bomb threat bogus: Cops

A New Year's Eve bomb threat at the Nova Scotia Youth Centre in Waterville was a hoax, RCMP say. Const. Blair MacMurtery said the threat was made at about 7:15 p.m. Police went through the standard operational protocol for a bomb threat, and the centre was quickly locked down. King's county register

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metr⊕ **NEWS**

Jessome murder. Suspect gets new court date

The bail hearing for one of two men charged in connection with the death of 21-yearold Laura Jessome has been moved to Jan. 16.

Bryan Augustine Deruelle, 37, appeared in Sydney provincial court Wednesday, the original date for his bail hearing on a charge of accessory after the fact to murder.

However, court was told he was accepted for legal aid and is now in the process of seeking outside counsel.

As a result, his bail hearing was moved back two weeks and he was remanded back to the Cape Breton Correctional Centre.

Previous conditions placed on Deruelle will remain in place, including no contact with his girlfriend, Brenda Lockman, or his co-accused, Robert Edwin Matheson, as well as Michael O'Donnell, Thomas Barrett and Morgan CAPE BRETON POST



MacNeil

Matheson, 49, has also been charged with accessory after the fact to murder. He is scheduled to appear in court Tuesday for election and plea.

The charge carries a maximum sentence of life imprisonment for 25 years.

Jessome's body was discovered in a hockey bag on the Mira River on May 25, 2012.

Drug, weapons charges. Bail hearing moved back

The bail hearing for a Southside Boularderie man facing drug and weapons charges has been adjourned for three weeks at

the request of his counsel.
Jason William Blinkhorn, 34, and Wendolynn Marie Avery, 39, are facing multiple charges after RCMP seized drugs and weapons, including an AK-47 assault rifle, from a home in Southside Boularderie on Dec. 18.

Blinkhorn was scheduled to have a bail hearing Wednesday, but that hearing has now moved to Jan. 23. He's been remanded into custody until that time.

Avery was released from custody Dec. 28 after a surety of \$25,000 was posted by her mother. CAPE BRETON POST

charges

The accused are charged with five counts of posses-sion for the purpose of trafficking, production of marijuana, two counts of unsafe storage of firearms, and two counts of possession of a prohibited weapon.

Keep your goods in 2013

Good time for crime-prevention refresher

Halifax police and the RCMP are urging the public to remember some important tips when planning their New Year's resolutions

Always remember to lock your car, and never leave spare keys or valuables inside, they say. RCMP reported nearly half of all cars stolen between July and November had the keys left inside.

Leave a light on and ask a neighbour to take in the mail and shovel your walk if you're gone for a while, and it's a good idea to take pictures of your valuables.

You can set up or join a Neighbourhood Watch in your area, or a Vertical Watch for apartment buildings. **METRO**

TD Centre

Pedestrian. traffic access changes

Some streets and sidewalks will be closed Thursday and Friday while a crane is installed for the redevelopment of the TD Centre on George Street.

From 4 a.m. Thursday to 11:59 p.m. Friday, Granville Street and both sidewalks will be closed between George and Duke Streets. George Street will be reduced to one lane and sidewalk, with no metered parking, between Barrington and Granville.

By Saturday, traffic and pedestrian access will revert to the normal redevelopment configuration. Granville Street will be reduced to one lane between George Street and the CIBC parkade and parking will be suspended in the area. METRO

Making to-do lists for HRM

Liam Oxner, 11, and Nicholas Clark, 8, examine Lego: City by the Sea at the Maritime Museum of the Atlantic in Halifax on Wednesday. The exhibit,

which runs until Feb. 3, features several prominent Halifax landmarks and a new space that allows young builders to submit their own Lego vessels for

Down to business.

DEVAAN INGRAHAM/FOR METRO

2013 priorities for regional councillors include traffic, safety issues, tax reductions



RUTH DAVENPORT

Eight weeks into their new term, Halifax regional councillors say they've got a clear handle on what needs to happen in 2013 - both in their districts and in HRM as a

Although much of council's time will be focused on the next budget in the short term, traffic and associated safety issues are top of mind for two returning councillors representing parts of sub-

"I'd love to see the ability to convince our traffic authority to consider other options that would make people

A miniature city by a sea of visitors



"We have a downtown that generates more taxes than any residential taxes ... and we're not investing enough to maintain the value."

Coun. Waye Mason

more safe at crosswalks," said Coun. Darren Fisher, citing the recent rash of car-ped estrian collisions at marked

crosswalks.
Fisher said there's plenty of cost-effective ways to improve crosswalk safety, including reflective or non-skid paint, neon crosswalk signs and solar-powered lights, but he said traffic officials don't seem interested.

Coun. Barry Dalrymple said the basic problem of too many cars is a pressing concern in part of District 1.

"The traffic is a huge problem in Fall River," he said. "Every morning, the backups getting onto the highway are

just creating huge jams."

In the urban core, Coun. Waye Mason said he's hoping to secure funding in the up coming budget to simply spruce things up a little.
"One senior during the

campaign said, 'Downtown looks shabby,' and that's exactly right," said Mason. "It's got to be able to compete with Dartmouth Crossing, and it doesn't right now, so we've got to make that investment.

Although Dalrymple said residents throughout his district are asking for efficiencies in hopes of reducing taxes, Mason said spending little on the downtown

core will benefit residents throughout HRM in the long-

"Downtown and the commercial districts pay ... 60 to 70 per cent of all commercial taxes," he said. "So if you don't invest the money in downtown and we start to see it stop gaining value or even lose value ... then everybody else's taxes go up.'

Individual councillors' 2013 wish lists:

- Coun. Darren Fisher: improving crosswalk safety
- Coun. Waye Mason: beautification of urban the core
- Coun. Barry Dalrymple: improving Fall River traffic, finding efficiencies to cut taxes



arrying Idle No More protester watches as police divert traffic around a blockade set up in Wir iday. The demonstration lasted three hours and forced traffic on the Trans-Canada Highway to

What is the point of Idle No More?

Restless natives.

Organizers say national movement is about protecting all Canadians, not just First Nations



While the Idle No More protests gain steam around the world, many Canadians still don't know what it's all about.

Dave Sauer, president of the Winnipeg Labour Council, said the issues being raised by the Idle No More protests, specifically the federal government's Bill C-45, affect Canadians of all backgrounds - and should therefore interest them.

"As a trade unionist, we live and die by our ... agreements," Sauer said. "The treaties that we've made with the First Nations of this country ... right now it's pretty obvious that those are not being followed through on. One end is not honouring the agreement.

aboriginal people at the Idle No More events share the concern that the Canadian government, led by Prime Minister Stephen Harper, isn't talking with Canadians and is changing the country through large omni-bus bills that don't get enough debate before being passed

Sauer said many of the non-

"That's a bridge that's starting to be built between First Nations and non-First Nations activism," Sauer said, adding the Canadian Labour Congress has endorsed Idle No More.

"If you look at the changes to the Navigable Waters Act, we have a lot of river systems now, especially in Manitoba, that are no longer protected, that I know a lot of non-First Nations people use, whether it's for transportation or recreation."

Wab Kinew, director of indigenous inclusion at the University of Winnipeg, wrote an article for the Huffington Post on the Idle No More movement when it started gathering steam in December.

"When aboriginal people do well, all of Canada does well,

The organizers of Idle No More mostly want meaningful dialogue between polit-

- They say the Conservative government's removing environmental protection of the vast majority of Canada's waterways is a violation of First Nations' treaty rights.
- Organizers also hope the Idle No More protests will spur Canadians to become more educated about treaty rights and that they will galvanize youth of all races to ac-

Kinew said, adding he hopes Idle No More also becomes an awakening for young people of all backgrounds and political stripes to get educated on and engaged with "the policies and the programs that are going to determine their future

Twins give birth to sons 2 hours apart

New Year's Eve babies

Aiden Lee Alan Dilts and Donavyn Scott Bratten didn't wait until New Year's Day to come screaming into the world, but the circumstances of their births are still pretty special: The babies were born about two hours apart to Ohio mothers who are identical twins.

The Akron Beacon Journal reports that 19-year-old mothers Aimee and Ashlee Nelson both gave birth on Monday even though their due dates were about a week apart.

THE ASSOCIATED PRESS

Calgary

Hundreds affected by fuel mixup

Hundreds have been forced to park their vehicles after a mixup between regular gas and diesel fuel at a Calgary gas station.

Co-op spokesperson Karen Allan said that on Dec. 26 its fuel supplier mistakenly filled the regular gas-storage tank at a south Calgary gas bar with diesel fuel.

It wasn't until some 500 vehicles had been fuelled that a customer brought the problem to the station's attention. KATIE TURNER/METRO IN CALGARY

Fatal encounter

No pit-bull ban in Calgary, despite death of dog

Calgary has no plans to ban or otherwise restrict pit bulls after three of the dogs were involved in a fatal encounter in a city dog park.

A Pomeranian died in the incident on Monday, while another dog, a Great Pyrenees, was injured, after both off-leash animals approached a man walking three pit bulls on leash.

City officials seized the pit bulls, which are due to undergo behaviour tests. SON FLETCHER/METRO IN CALGARY





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metronews.ca Thursday, January 3, 2013



Chris Christie speaks at a news conference at New Jersey's State House on Wednesday in Trenton, N.J. Christie blasted fellow Republican John Boehner for the House Speaker's decision Tuesday to delay a vote on Superstorm Sandy relief, saying the inaction is "inexcusable." New JERSEY GOVERNOR'S OFFICE/THE ASSOCIATED PRESS

Congress to vote Friday on Superstorm Sandy aid

Rebuilding stage.

Money from House votes could result in a roughly \$60-billion relief package

The leader of the U.S. House agreed Wednesday to a vote this week on aid for Superstorm Sandy recovery, changing course after coming under intense pressure from angry fellow Republicans.

House Speaker John Boehner will schedule a vote Friday for \$9 billion for the national flood-insurance program and another on Jan. 15 for a remaining \$51 billion in the package,

Republican Rep. Peter King of New York said after emerging from a meeting with Boehner and Republican lawmakers from New York and New Jersey. The votes will be taken by the new Congress that will be

sworn in Thursday.

Boehner's decision Tuesday night to cancel an expected vote on the storm aid before Congress ends its current session had provoked a firestorm of criticism from New York, New Jersey and adjacent states, including many lawmakers in his own party.

According to King, Boehner explained that after the contentious vote this week to avoid major tax increases and spending cuts called the "fiscal cliff," Boehner didn't think

it was the right time to schedule the vote before the current Congress went out of business.

King left the session with Boehner without the anger that led him to lash out at the speaker Tuesday night.

"What's done is done. The end result will be New York, New Jersey and Connecticut will receive the funding they deserve. We made our position clear last night. That's in the past," King said.

past," King said.
Sandy was blamed for at least 120 deaths and battered coastline areas from North Carolina to Maine in October. New York, New Jersey and Connecticut were the hardest-hit states and suffered high winds, flooding and storm surges.

THE ASSOCIATED PRESS

On the table

The House Appropriations Committee has drafted a smaller, \$27-billion measure for immediate recovery needs and a second amendment for \$33 billion to meet longerterm needs.

- The \$9 billion in floodinsurance money to be voted on was originally in the \$27-billion measure.
- The votes on Jan. 15 will be for \$18 billion in immediate assistance and \$33 billion for longer-term projects, including protection against future storms.

is conceive harmless

old girl.

his contribution through a licensed physician and a child is conceived, the donor is held harmless under state statute. In cases where the parties do not go through a physician or a clinic, there remains the question of who actually is the father of a child or children," Angela de Rocha, a spokeswoman for the Kansas Department for William Marotta is being asked to pay child support after providing

Court battle. Sperm donor could be on the hook for

child-support payments

A sperm donor in the U.S. is fighting an effort to force him to pay child support for a child conceived through artificial insemination by a lesbian couple. When 46-year-old William Marotta donated sperm to Angela Bauer and Jennifer Schreiner in 2009, Marotta relinquished all parental rights, including financial responsibility to the child. When Bauer and Schreiner filed for state assistance in Kansas this year, the

state demanded the donor's

name so it could collect child support for the now three-year-

The state contends the

agreement between Marotta and the women is not valid

because Kansas law requires a licensed physician to perform artificial insemination.

"If a sperm donor makes

Children and Families, said in a

sperm to a same-sex couple

Bauer and Schreiner have said they fully support Marotta's efforts to fight the state's request. When Bauer was diagnosed in March with what she calls "a significant illness" that prevents her from working, Schreiner sought health insurance for their daughter from the state. The DCF told Schreiner if she didn't provide the sperm donor's name, it would deny any health benefits because she was withholding information.

THE ASSOCIATED PRESS

Movie-theatre shooting. Families of victims reject invitation to reopening

Relatives of the majority of people killed in a Colorado movie theatre rejected an invitation on Wednesday to attend its reopening this month, calling it a "disgusting offer" that came at a terrible time — right after the first Christmas without their loved ones.

The parents, grandparents, cousins and widow of nine of the 12 people killed said they were asked to attend an "evening of remembrance" followed by a movie when the Aurora theatre reopens on Jan.

17. They released a letter sent to the theatre's owner, Cinemark, in which they criticized the Texas-based company for not previously reaching out to them to offer condolences and refusing to meet with them without lawyers.

"Our family members will never be on this earth with us again and a movie ticket and some token words from people who didn't care enough to reach out to us ... is appalling," the letter said.

an. THE ASSOCIATED PRESS

Fatal crash

Paparazzo killed trying to snap Bieber photo

A paparazzo was struck and killed by a car while darting across a street after taking pictures of Justin Bieber's Ferrari when it was pulled over along a freeway in Los Angeles, police said Wednesday

nesday.

Bieber was not in the car at the time. The singer later said his prayers were with the family of the 29-year-old photographer.

THE ASSOCIATED PRESS

New Year's Day

3 teens dead after alleged plane joyride

Authorities believe that a trio of U.S. teenagers took a small airplane on a joyride without permission before it crashed, killing them all. The plane crashed Tuesday night in Alabama.

"I think they were just looking for a thrill, and they had their last one," Walker County sheriff's Chief Deputy James Painter said.

Mishandling debt could be 'catastrophic': Obama



a deal to avert the fiscal

A last-minute deal in Congress to avoid the economy-shaking "fiscal cliff" sent world stocks climbing Wednesday, but doesn't solve the problem of the massive U.S. deficit, meaning other battles on deep spending cuts and the federal debt limit loom in the coming weeks and months.

All the major U.S. stock indexes jumped by at least two per cent, and the Dow Jones industrial average saw its biggest surge in six months.

A smiling President Barack Obama said he would sign the law "that raises taxes on the wealthiest two per cent of Americans while preventing tax hikes that could have sent the economy back into recession." Then he left for Hawaii to resume his holiday break.

Congress also will have to act as early as February on raising the \$16.4trillion federal borrowing limit, which will allow the country to pay its bills.

The U.S. officially hit that debt limit Monday. "If Congress refuses to give the United States government the ability to pay these bills on time, the consequences for the entire global economy would be catastrophic—far worse than the impact of a fiscal cliff," Obama said. THE ASSOCIATED PRESS

Northern perspective

"Canada welcomes the agreement reached between the president and the Congress....
That said, there remain ... significant risks to the U.S. economic outlook." Canadian Finance Minister Jim Flaherty

Time to empty the piggy bank. Penny collection starts Feb. 4

Jim Flaherty is setting his sights on your pennies. The federal finance minister is reminding Canadians that starting Feb. 4, the Royal Canadian Mint will stop distributing pennies and instead start collecting them from banks and other financial institutions.

Flaherty says he'll take every advantage over the next month to remind Canadians that the supply of pennies will start to diminish as a result.

In his March budget, Flaherty unexpectedly an-nounced the demise of the onecent piece, saying pennies cost too much to manufacture and are a nuisance to many Canadians.

After Feb. 4, cash transactions will have to be rounded to the nearest five-cent increment, but electronic trans-

- The last pennies minted on May 4 in Winnipeg cost about 1.6 cents each to
- Even though Finance Canada faces a one-time net cost of \$38 million to retire the penny, the long-term savings to government and to the economy will he substantial.

actions will still be calculated down to the individual cent.

A cabinet order last month gave Flaherty the authority to pay financial institutions for the mountains of pennies they'll begin to return to the mint. THE CANADIAN PRESS

Market Minute



Natural gas: \$3.23 US (-12¢) Dow Jones: 13,412.55 (+308.41)



12,540.77 (+107.24)



\$93.12 US (+\$1.30)



\$1,688.80 US (+\$13)

Chump change: Are nickels next on chopping block?

Coins we don't love anymore. Some say five-cent piece is also becoming obsolete, and should follow penny into the sunset

As the penny is set to begin retirement next month, there are already calls to put the nickel out to pasture as well.

The Royal Canadian Mint starts collecting one-cent coins on Feb. 4 for melting and recycling of the metal content, with some six billion pennies expected to be surrendered by Canadians over the next six

Finance Minister Flaherty announced the surprise demise in last year's budget, saying the penny had become a nuisance.

And a former Bank of Canada economist says the nickel is also becoming obsolete, and should be next in line for retire-

"We see less and less people now ... digging in their wallets for nickels," Jean-Pierre Aubry



said in an interview.

A retired 30-year veteran of the Bank of Canada, Aubry has been a leading proponent of withdrawing the one-cent piece from circulation.

In papers and presentations for Desjardins Group over the last few years, Aubry used economic models to show that

the penny should actually have been killed in about 1982.

That was a tipping point, as more Canadians hoarded the coins and the Royal Canadian Mint was pressed to churn out billions more to keep retailers stocked, costing the government up to \$11 million annu-

Aubry argues the nickel will soon hit the same tipping point the penny did in 1982, as Canadians hoard them in greater numbers, forcing the mint to distribute up to 350 million each year to meet retail demand. "It's a sign that the coin is not well used," he said. THE CANADIAN PRESS



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metr⊕ **VOICES**

LEAVING HIS SINGLE-DUDE **WAYS IN THE DUST**



Year after year I make tough New Year's resolutions in an attempt to mend my bachelor ways, such as resolving to regularly dust the TV with a cloth, rather than running my hand

over the screen every six months and exclaiming, "Wow, that's dusty!"

Well, I'm happy to say that in the past year I've finally made some progress. I no longer own a television.

In your face, dust. Cough, cough.

And, in the kitchen, a friend of mine brought me 12 basic spices this year. I must say, they really spruce up the window-

Many of my other single-dude problems remain, however.

I consider a keyboard sticky with the previous user's Snickers bar a tasty value-add, similar to a mint on your pillow. Î just don't have the right attitude.

I notice this in newsrooms where different shifts share the same computers. Some of my co-workers start their shifts with spray and cloths and hand sanitizer, as if they'll be using their desks for open-heart surgery. Meanwhile, I consider a keyboard sticky with the

previous user's Snickers bar a tasty value-add, similar to a mint on your pillow.

This failure as a human being is unfortunate from a life perspective but very fortunate from a column perspective because it leads to:

John's 2013 Bachelorhood Resolutions

- I resolve to clean the four breakfast bowls I have, rather than using increasingly less appropriate stand-ins such as Tupperware, popcorn bowls, flower pots and the mop bucket.

 • I will clean these dishes before Corn Flakes have become
- irremovable fossils that will be of interest to top Corn Flake scientists seven centuries from now.
- I resolve to cook a meal that is not bacon, eggs and toast. (Making bacon and toast, eggs and toast, or bacon and eggs is partial credit only.)
- I resolve to accept that re-soaking the dishes repeatedly will not get them clean, that rotating the pillows only works once, and that not using the coffee machine for a while is not the same as cleaning the coffee machine.

 • I resolve to invite people over so that I have to clean,
- but I'm still not scrubbing behind the toilet unless it's, at minimum, the Queen.
- I resolve to learn how to do things on my own rather than calling my parents with cryptic questions like, "Say there was a grease fire right now, would pouring baking soda on it help? Because I don't have any, hypothetically."
- I resolve to do these things soon enough that they can be considered New Year's resolutions and not some last-ditch bucket list. Because the bucket has corn flakes in it.

From police box to mail box



Two worlds collide

Sci-fi classic gets stamp series

This image, released by Britain's Royal Mail on Wednesday, shows a postage stamp with an image of the present Doctor, Matt Smith. The Doctor who usually uses a police box for travel — will be zooming through time and space on the edge of letters in 2013.

The stamps honouring the cult British television program will be available starting at the end of March THE ASSOCIATED PRESS

Doctor Who celebrated

The Royal Mail is marking the 50th anniversary of the science-fiction show Doctor Who with a series of stamps fea turing each of the 11 actors who have played the title role. Those featured include the present doctor, Matt Smith as well as past Time Lords such as David Tennant and Christopher Eccleston. The stamp featuring the first Doctor, William Hartnett, is shown below



Time Lord's friends and foes go postal, too



The series will also include a miniature sheet that brings together Second Class stamps featuring four of the show's iconic creatures — a Dalek (shown above), an Ood, a Weeping Angel and a Cyberman. THE ASSOCIATED PRESS

Royal resolve: tackling a job even a prince like William can har

Panel Panel and take the quick poll What's your royal baby prediction? 24% 38% 38%

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At the Emera Oval having a fun skate in this blistering, wind chilling cold...#halifax

Glad I got a couple days on the slopes before this cold hitΣholy freezing!!! #halifax #martock #hfxweather

@kylekoko:

If I had a GT racer I'd just be crushing Citadel Hill right now. #halifax #ramp?

@laurohughes:

I'm back in #Halifax ready to start the school year. This means all my favourite shows should be back on.

The Space Age shoot for the stars with new music

EP release. Past passion and previous experience launch band onto Halifax audience this weekend



With a New Year comes the clichéd resolutions — lose weight, watch less television, file your taxes.

For former El Torpedo member Andy Patil, 2013 brings him back into the studio and back on stage with

The Space Age.

"When I decided to step off the road I knew I still needed an outlet - it wasn't going to end there," said Patil.

"The whole premise behind the band was to carry on something musically, so I called up a friend and went to the studio and Space Age was born."

Patil called upon Greg Fry, formerly of The Heavy Blinkers and now the drum-mer for The Space Age. From material Patil wrote

on the road comes the band's

first collaborative offering.

The musical chops Fry, Patil and bassist Roger Nelson bring to the table is impressive, but the trio tapped into their experience — not their egos — for this project.

"Even though we are seasoned musicians, it doesn't matter how experienced vou are — vou really have to put it through the wringer,' Patil said.

"Now finally we are figur-



"We all liked our previous bands' styles and brought our musical experience to the table. And finding that common ground — there seems to be a natural cohesion."

Andy Patil on The Space Age

ing out where our music is going to go from here.

With a lifetime of memories on the road and in the studio, Patil is just happy to have an opportunity to "drink once again from the fountain of youth" and continue work-

ing on his passion.
"My first band started in 1995 and here we are in 2013 still doing it and loving it." he said.

"The passion has been continued and The Space Age is a real breath of fresh

The Space Age, with openers Floodland and American Epic, will play Michael's Bar and Grill Saturday at 10 p.m.

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metr⊕ **SCENE**



It's a good thing Dean Brody has scheduled the dates for his first national headlining tour, because the country music star is all over the map literally.

The British Columbia native, who now lives in Nova Scotia, records in Nashville and helps rescue girls from sexual exploitation in Brazil will perform in 24 Canadian cities in January and February. Brody will start kicking up his heels in Victoria and end with a tip of his cowboy hat in Halifax.

Brody, who was named male artist of the year and won album of the year for his record Dirt at the Canadian Country Music Association Awards in September, admits to being a little nervous.

"It's definitely going to be a challenge, but I'm looking forward to it," Brody said in an interview.

"I just want to give a good show. You know people that come out, they might not necessarily just want to hear just how the record sounds. We want to do some elements in the show that you wouldn't expect.

Brody said, for example, part of the show will be done acoustically

"It's really cool. We had a rehearsal about a month ago preparing for the tour and we did this one segment where we're kind of around a campfire, we've got this big moon in the background and the sound of the crickets and stuff," he said.

"Boy, it was a lot of fun. It's going to be the most fun part of the show."

While it is officially the Dirt tour, Brody said fans will hear from all three of his al-

That includes the hit single Canadian Girls. Brody has

his own favourites too.

"I love playing Wildflower," Brody said, referring to the single from his second record Trail in Life.

"I'm not sure why, but it always comes at a part in the show where you know we've rocked it out for three or four songs and then we pull it back and do Wildflower. To me, it's a point in the show to take a breath and just really fall into that song and I love it."

THE CANADIAN PRESS

Canadian country music. Dean Brody expects fun on first headlining tour Super and natural

Sci-Fi television. Kris Holden-Ried speaks to Metro about working on Showcase's Lost Girl and the physical challenges it presents as an actor

STEPHEN

Having a "wolf in the fold" is usually considered a bad thing, but if that wolf happens to be Lost Girl's Dyson, then you are in luck. Hand-some, intelligent and brimming with animal magnetism – no pun intended — he is a member of the supernatural Fae community and works as a police homicide detective to help keep the peace amongst humans as well as the Fae.

For actor Kris Holden-Ried, who plays Dyson on the popular Showcase TV serteetering between both worlds is a constant but welcome acting exercise.

"The physical challenges with Dyson are, one, he's a

shape-shifter, so he has to have animalism, and two, he's of indiscriminate age, so we're playing him as 1,000 or so years old," notes Holden-Ried during a break on Lost Girl's Toronto set. "The trick is to then mix and match that with creating a grounded and believable character.'

Dyson's unofficial crimebusting ally (and romantic interest) is Lost Girl's heroine and fellow Fae, Bo (Anna Silk), a beautiful Succubus able to suck the life out of you.

"In season one, Bo and Dyson shared a great deal of passion, but he also knew some of Bo's secrets," says Holden-Ried.

"While that put him at an advantage, it also stopped him from fully committing to her. Dyson ultimately fell in love with Bo, but couldn't show it, which was fun to

play.
"At the end of season one, Dyson's love for Bo was ripped from his soul. That turned into a whole other journey for him in season two, where the constant emptiness he felt almost drove



Lost Girl premieres Jan. 6 on Showcase

• Upcoming. While the actor cannot reveal what awaits Lost Girl fans in the show's

upcoming third season, it is obvious just by watching Holden-Ried at work that his enthusiasm for the series and playing Dyson has not waned in the least.







metronews.ca Thursday, January 3, 2013

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

A year in music: Top 5 chart toppers of 2012

Music. From Gangnam Style to Call Me Maybe, Metro looks back at some of the year's biggest hits

Top 5 albums/singles

- **1**Frank Ocean's Channel Orange
- 2TIE: Father John Misty's Fear Fun and PSY's Gangnam Style
- Carly Rae Jepsen's Call Me Maybe
- Gotye's Somebody That I Used to Know
- TIE: Rihanna's Diamonds and Ke\$ha's Warrior

How did we all leave We Are Young by Fun. off this list? Is it because we're all too old to sing that song out loud? Or is it that the opening of the song is just too schlocky to make it all worth the amazing chorus? Seriously, if that song was the chorus alone, it would be the song of the year. To tell you the truth, it probably still will be anyway. Also, here's where I'm a little bit of a jerk: That Gotye song officially started getting airplay last year. PAT HEALY

Somebody That I Used to Know stays on the list because it made me think there was this really great Police song from the '80s recently discovered and newly released. I think I just proved your old fogies theory. AMBER RAY

Maybe this supports the argument that I'm already an old fogey, but I had to look up the Rihanna and Ke\$ha songs be-



cause I hadn't heard them before. Ke\$ha has finally been the first to inspire me to call something "devil music" in an unfattering way.

HEIDI PATALANO

Another bit of food for thought: Would Gangnam Style make the list if there weren't a video? People probably posed the same question about Duran Duran in 1982, and it's strange how this bit of devil's advocacy is still relevant in 2012. But seriously, in an age where music videos aren't shown on regular TV anymore, it is interesting that a video made such a huge cultural and musical splash.

PAT HEALY

I think it would have — hell,

I still haven't even seen the Gangnam Style video, but I somehow know the dance. I personally enjoyed Britney trying her hand (at) it while appearing on Ellen, but why was she dressed like a flight attendant for that episode?

MEREDITH ENG

I think a prerequisite for best song of the year means we can sing along with it. Oh man, I'm such a xenophobe. DOROTHY ROBINSON

What about Kanye this year? Did anybody vote for Cruel Summer? PAT HEALY

I say this every single year, and I hate change so I'll say it again: I have never heard anything by Kanye West that I didn't want to turn off immediately. Who's old and grumpy? This girl — this girl right here. Monica Weymouth

Oh man, Monica, give Mercy a chance! There's so much going on in this track. I love how it flawlessly switches between winding dancehall to some gritty southern rap all while maintaining a cool, dark undertone and then suddenly taking a left turn to an electronic dance party. Yup, you have to bring ALL your moves to the floor. Adding to the awesomeness is the all-black ninja-Bedouin looks everyone sports in the stylized video. It's totally one of those fashion moments I can see being referenced years from now. TINA CHADHA



Editor's picks

Music editor Pat Healy's Top 5

1. Father John Misty's Fear Fun 2. Michael Kiwanuka's Home Again 3. Big Boi's Vicious Lies and Dangerous Rumors 4. Frank Ocean's Channel Orange 5. TIE: Bruce Springsteen's Wrecking Ball and The Walkmen's Heaven

This was a weird year for music. For the first time, I feel like there was actually too much to listen to. Look at the top lists of any major publication and there are very few similarities.

I, for one, am surprised more outlets aren't praising the stellar songcraft of Father John Misty and Michael Kiwanuka. Neither are reinventing the wheel. In fact, both seem very much rooted in sounds of the '60s and '70s.

But as for my next two

entries, Big Boi and Frank Ocean, I think both are really doing great things to push their genres forward.

Big Boi took a brave tact on this most recent album, which also didn't make many lists (presumably due to its December release date). Instead of just a few indie collaborations here and there, like he has done in the past, almost every track is a collaboration with either Phantogram or Little Dragon. The results are completely original.

Frank Ocean's results are completely original too. It really is like he is on the forefront of bringing a muchneeded update to R&B. The new school, which includes Miguel and The Weeknd, never knew a world where hip-hop didn't exist and that has formed their worldview in such a unique way that the old soulsters didn't have.

And in fifth place, maybe it's just loyalty, but two of my favourite acts released albums that weren't my favourites they've ever released, but I still enjoy them.



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2012's memorable moments à la mode

Beauty and the buzz.

From a dress doubleup to a cropped-coiffe craze, here are some of the most talked-about style stories of 2012

Michelle Obama and Ann Romney's matching hues.

The wives of the presidential candidates turned out to the second debate between Barack Obama and Mitt Romney in practically the same shade of hot pink. But they weren't by the same designer: Romney's was by Oscar de la Renta, and Obama's by Michael Kors. A potential matching prom dress-style embarrassment was chalked up to timing: October's breast cancer awareness month.

Marc Jacobs' Louis Vuitton show

Many of the designer runways seemed more of the same -stark stages, thumping music and audiences distracted by their electronic gadgets but the Louis Vuitton fall catwalk in Paris commanded attention. Models dressed in their very best travelling clothes stepped off a reconstructed retro steam train. Valets carried the vintage-inspired hat boxes and vanity cases. The trip seemed refreshingly refined and modern.

Two-tone Stella McCartney dresses

McCartney, no stranger to the red carpet, has created a style that celebrities can't get enough of. Her ultra-flattering "silhouette" dress has become almost ubiquitous.

It features one colour on the bodice and back, and a graphic opposite on the sides and sleeves. Kate Winslet has worn several versions, and Brooklyn Decker, Kate Moss, Edie Falco and Liv Tyler have, too. The best turn might have been Jane Fonda at the Cannes Film Festival.

Beyoncé's back-from-baby

they feel sexier than ever. Beyoncé was living proof at the Met Gala, the important industry event co-hosted by Vogue's Anna Wintour. Beyoncé's skin-tight, largely sheer — save the bodice

beading and feathered fishtail train - gown by Givenchy announced that Ivy Blue Carter's mom wasn't going to hold back. An honourable mention goes to Jessica Simpson, who dieted her way to a Weight Watchers ad, then wound up pregnant

Supermodel reunion at the London Olympics.

Gold was the new black at the closing ceremony with a parade of supermodels wearing gilded gowns in a tribute to British fashion. Kate Moss and Naomi Campbell both had on Alexander McQueen,

by Victoria Beckham, Karen Elson was in Burberry, and Stella Tennant donned a Christopher Kane Swarovskicrystal catsuit.

Miley Cyrus' cropped cut

When Cyrus cut off the long hair her fans had become used to, she took some heat. She has said (and tweeted) repeatedly, though, that she was pleased with the new punk-pixie look and was sticking with it. Short hair turned out to be a big trend, with Alicia Keys, Rihanna and Anne Hathaway all ending the year with much shorter locks than they started with. THE ASSOCIATED PRESS

Front-page fashion

Moore at the **Emmys**

Julianne Moore's neon-yellow Dior Haute Couture outfit (really a sweater and ball skirt) spawned a

love-it-or-hate-it debate among armchair style critics. What was largely left out of that conversation, however, was that it was Raf Simons' big celebrity debut for Dior.

007's slim suits

Daniel Craig's wardrobe in Skyfall



quite tight. Unlike the James Bonds that came before him, Craig, whose wardrobe is created mostly by Tom Ford, takes his suits Euro-style with tapered legs and shorter rises.

Angelina Jolie at the Oscars

The leg that peeked out of the high thigh-high slit of her Versace gown was the most exciting appearance on the red carpet. It was Jolie's pictureperfect pose to expose just enough thigh that launched a thousand

Some new mothers claim

Georgia May Jagger's was

JEANNE

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING, IT ALLOWS ME TO BE AC-CESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE.

@Jeanne_Beker: What resolution have you made for 2013 that you'd feel least guilty about not keeping?

@itsRyanHilton: spending 30\$ a day at Starbucks

@Jeanne_Beker: Yikes! expensive!

@tamdelidelam: Quit smoking

@Jeanne_Beker: Oh please--do try to keep that resolution! Our health is our greatest treasure.

@Miss VMorton: to never repeat an outfit, because, well, you can't not some-

@Jeanne_Beker: Very ambitious! I say: Wear the same outfits...with different attitudes!

Canadian street style

Fiona

Student and sales associate at AMH Style

Age: 19

What she's wearing

Tory Birch boots, Hudson jeans, Banana Republic button-up, Banana Republic jacket, Ferragamo bag.

Her inspiration

"I would definitely have to go with Leighton Meester, I think her style is both classic and elegant."

THE KIT PHOTORLOGGER. KATARINA KURUC, WWW.LOVEK.

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HOME 15



New year, new colour: Emerald named Pantone's colour of 2013

Emerald is the jewel in Pantone's crown of colours for 2013. The vibrant green hue was announced as its colour of the year.

Emerald is symbolic of growth, renewal and regeneration, said Leatrice Eiseman, executive director of the Pantone Color Institute, the research division of Pantone Inc., which creates colour standards for the fashion, beauty and home industries.

"That is what the stone implies and has ... for many cultures. It celebrates new life, and that, we feel, is a good message because it speaks of optimism for the future," she said in a phone interview from Bainbridge Island, Wash.

The selection of the rich green hue — which Eiseman describes as a "well-balanced colour" — is a striking departure from Tangerine Tango, the reddish-orange shade that took Pantone's top colour honour for 2012.

Pantone's annual colour forecast of the hottest hue for the year ahead factors in a number of different influences, from graphic design and fashion to film and TV.

Eiseman said they also look at the consumer zeit-geist from an international perspective, and start to seek out a colour symbolic of what

people feel they need.

They are also on the lookout for a "building up of references" in the years leading up to the hue in question being named the top colour, she added.

With that checklist in tow, emerald — and its seemingly universal appeal among style arbiters and consumers — appears to fit the bill.

"We had to look for a specific green that was not one that we were seeing as much of, but as I said, was on the ascendancy," said Eiseman.

Indeed, the vibrant shade has been a fashionable favourite for some time, from the sleeved, sequined Versace number worn by Angelina Jolie at the 2011 Golden Globes to the sleek, silk Mulberry dress donned recently by the Duchess of Cambridge.

Eiseman said emerald is already being seen colouring kitchen appliances, and consumers can expect to see bedding and dishware among the array of items steeped in the shade in the months to come.

"Certainly in domestics and linens, table tops, glassware, ceramics (is) where emerald really shines," she said. "If you do emerald in glassware, it is just spectacular. It also takes on such beautiful colourations. THE CANADIAN PRESS

Decorator resolutions



DESIGN CENTRE Karl Lohnes home@metronews.c

Every new year the decorating magazines, newspaper columns and home decor television shows ramble off the predicted trends for the upcoming new year.

upcoming new year.

Although it's good to know what they are, it's also important to consider which ones can — and cannot — be implemented in our lives.

My resolution this year is not to bring a lot of new trends into my life, but to say goodbye to a few that don't hold longevity in my home.

Here are two of last year's trends that I fell prey to in 2011-2012 — ones that have had their way (and their day) with me.

The colour brown

We've seen brown tones dominate home decor for the past 10 years, and although it wasn't a new trend last year, it just seemed to linger on much longer than other colour trends from the past. From espresso wood tones to deep brown leather furnishings, it's a promise to myself to think twice before introducing any more of it to my room's decor scheme. There are certain decor items that will always need to be brown — wood flooring, cabinetry and book cases, but using it in upholstery, paint and wallpaper feels a bit overdone these days. Replace those dark brown colours with rich, muted shades of grey, purple, teal and cinnamon.



The deconstructed factory look

Stripped metal furnishings, repurposed wood, worn carpets and industrial factory cart coffee tables have somewhat had their day. There's always a casual decor scheme on tap and the industrial chic look is now overblown.

Was it an attempt to decorate in a more casual manner without going back to country decorating? My new motto about this look: If it looked great in a factory setting, then don't bring it home anymore. Search for fresher looks in the casual decor schemes — pastel colours, pale wicker, seagrass and off-white paint colours.







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Green beans and black beans and chickpeas — oh my!





ROSE REISMAN

This salad has nutrition galore and makes a great side salad or buffet dish. Often I'll add some grilled chicken or fish and make it a main meal. Cut the avocado just before serving, or add some lemon juice to it to prevent discolouration.

1. Steam the green beans just until bright green and still crisp, about 3 minutes. Place immediately under cold water and rinse until the beans are no longer warm. Place in a serving bowl.

2. Spray small non-stick skillet with cooking oil and place

1. Cut skin off grapefruit, cut

into segments, place in a bowl.

Squeeze grapefruit membrane juices into a bowl. Stir in pars-

ley, garlic, ginger, cumin and

black pepper. Divide mixture

2. Trim fat from steak. Add the

steak to one half of the grape-

fruit juice mixture. Coat, cover

and refrigerate for 30 minutes

in half

to 4 hours.

Vitamin Cfix. Grilled Beef

with Grapefruit Slaw

- 8 oz green beans
- 1 cup drained canned corn kernels
- 1 cup canned black beans. drained and rinsed
- 1 cup canned chickpeas,
- drained and rinsed
- 3/4 cup diced red bell pepper
- 1/2 cup diced red onion
- 1/2 cup diced ripe avocado Dressina
- 3 tbsp freshly squeezed lime
- 1 1/2 tsp lime or lemon zest or lemon juice
- 2 tbsp olive oil
- 1 tsp minced fresh garlic
- 1 tsp minced fresh ginger
- 1 tsp minced jalapeño
- Pinch salt and black pepper
- 1/3 cup chopped fresh cilantro, basil or parsley

over medium heat. Sauté corn, stirring frequently, until browned, approximately 8 minutes. Add to the serving bowl, along with the black beans, chickpeas, bell pepper, onion and avocado.

 ${f 3}.$ Whisk the zest, juice, oil,

3. Place steak in greased grill

pan over medium high heat

and grill turning once, for about 5 minutes or until de-

4. Stir brown sugar into reserved marinade. Return pan

to medium high heat. Add cole-

slaw and marinade mixtures.

Cook, stirring for 2 minutes. Add grapefruit segments and cook for 1 minute.

sired doneness.

garlic, ginger, jalapeño, salt and pepper in a small bowl.

4. Pour the dressing over the salad and toss to mix well. Garnish with the cilantro. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

- 2 Florida grapefruits
- 15 ml (1 tbsp) finely chopped fresh Italian parsley
- 1 clove garlic, grated2 ml (1/2 tsp) grated ginger
- 2 ml (1/2 tsp) ground cumin
- Pinch freshly ground black
- 1 grilling strip loin beef steak
- 15 ml (1 tbsp) packed brown • 750 ml (3 cups) coleslaw salad
- 5. Slice steak. Add to coleslaw

mixture. NEWS CANADA



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NBL Canada

Rainmen lineup set in stone: Spon

After a season of constant changeover, the Halifax Rainmen have found a winning lineup that they're sticking to, says head coach Rob Spon.

That roster, he insists, is stamped with a healthy dose of wily, talented veterans committed to Spon's old school, defence-first approach.

Over the holidays, the

Over the holidays, the Rainmen (10-10) picked up rookie forward Malcolm White, and 2011-12 National Basketball League of Canada all-star point guard Trayvon Lathan. Then on Wednesday the team announced the signing of six-foottwo shooting guard Cedric Moodie, pending FIBA clearance.

FIBA clearance.

"That's the last player move we'll make, if we do it will be one more," said Spon.

The Rainmen also released point guard Josiah Turner Tuesday. Spon said the offensively gifted 20-year-old wasn't prepared to buy into his team-first approach.

"He wasn't willing to

"He wasn't willing to learn my system. He's young, very talented but also very undisciplined." The Rainmen are

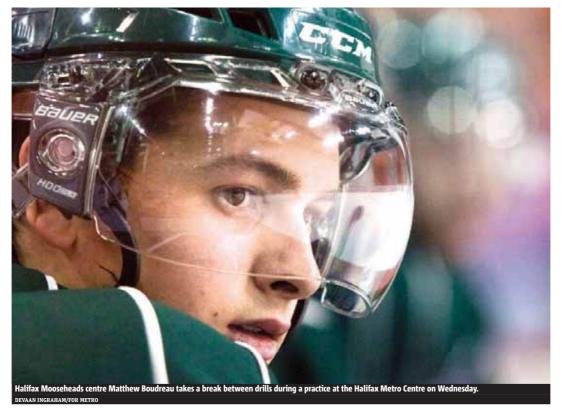
The Kainmen are coming off a 97-70 victory against the Saint John Mill Rats on Tuesday at home. It was the least amount of points the Rainmen have ever surrendered in franchise history.

"It's not an accident that we hold one of the best shooting teams in the league to 70 points," Spon boasted.

He says he and team owner Andre Levingston have found the right balance of veteran leadership combined with great athleticism and versatility.

The Rainmen face the Moncton Miracles on the road Friday at 7 p.m.





Looking to finish what he started

Offensive support.

Matthew Boudreau has surpassed his goal total from last season

PHILIP CROUCHER

Matthew Boudreau went into this season looking to show he had more to offer.

The 19-year-old centre scored 26 goals last year for the Halifax Mooseheads, but struggled in the second half and cooled off even more in the playoffs when he found the back of the net just twice in 17 games.

Fast-forward several months and Boudreau is

Quote

"He's definitely picked it up from last season. He's been very consistent right from the start."

Halifax Mooseheads general manager Cam Russell on Matthew Boudreau.

so far making good on his start-of-the-season goal. He goes into Thursday's home game against the Moncton Wildcats with a team-best 27 goals, fifth best in the

But Boudreau isn't getting too high over this redhot first half. Instead, he's focusing on the next few months and maintaining the level of production, something he couldn't do a season ago.

"I took a lot from last year. I had a good start, bad finish," Boudreau said following practice on Wednes-

day.

"But I trained a lot more during the summer, six days a week, so I've got more strength. I hope it's going to keep me going for the rest of the season."

Boudreau has been especially hot of late, scoring 11 times in December as Halifax finished the month 9-0-1.

His timing for the great play couldn't be better either as Halifax continues to be without its entire first line — Nathan MacKinnon, Jonathan Drouin and Martin Frk — who are all away at world juniors.

"(Our line) has stepped up in a couple of games since they've been gone, but I think everybody has tried to do that," said Boudreau, the QMJHL's second star for December. "I think that's been good and we'll try to keep that going when they get back."

When asked if he has a goal target in mind for the season, Boudreau stickhandles around the question.

He's currently on pace for more than 50 goals.

"I don't want to think about it because I don't want to put too much pressure on myself," he said.

CHL rankings. Mooseheads remain No. 1 in Canada ahead of OHL's Knights

It's eight weeks and counting for the Halifax Mooseheads as the No. 1 ranked team in the Canadian Hockey League.

The new CHL rankings were released Wednesday and Halifax continues to hold down the top spot, with the Ontario Hockey League's Lon-

don Knights remaining second.

The Mooseheads won both of its games last week, 4-1 decisions over the Cape Breton Screaming Eagles in a homeand-home set.

Halifax enjoys a CHL best record of 31-3-1-1. The Knights, who had a 24-game winning

streak snapped on Tuesday night, are 32-5-1-2.

The Rimouski Oceanic (25-10-1-3) and the Quebec Remparts (24-11-1-2) are the other ranked teams from the QM-JHL, sitting seventh and ninth respectively.

PHILIP CROUCHER/METRO



Kevin Raine of the London Knights hangs his head following a loss to the Sarnia Sting on Tuesday.

THE CANADIAN PRESS

metr⊕

'The Nuge' dispensing nuggets of NHL wisdom to junior teammates

World juniors.

Nugent-Hopkins source of insight for Team Canada teammates with big-league aspirations

Regardless of what happens the rest of the way for Team Canada at the world junior hockey championship, most of the players on the team hope one day — to make the NHL.

"It's in the back of your mind all the time," said for-ward Boone Jenner, a draft pick of the Columbus Blue Jackets. "It's the main goal. Since you're a little kid you want to play in the NHL. Every day you try to think about that and wonder how you're going to get better each day and keep going. It's the ultimate goal.

"And hopefully some day I'll be able to set foot on the ice for

While his teammates can only dream of life in the NHL, captain Ryan Nugent-Hopkins

Quarter-final clashes

John Gaudreau had a hat trick, Riley Barber scored twice and the United States beat the Czech Republic 7-0 to set up a rematch with Canada in Thursday's semifinal. Canada topped the U.S. 2-1 in the preliminary round.

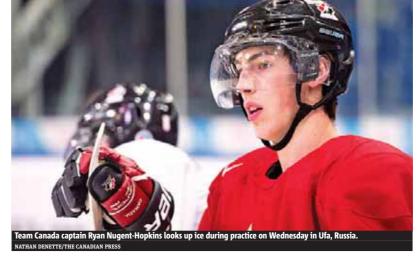
THE ASSOCIATED PRESS

has already lived it. He was a point-per-game player with the Edmonton Oilers last year, and is a rising star in the league.
As such, Nugent-Hopkins

has become a wonderful resource for his teammates to learn about life in the bigs.
"They definitely have a lot

of questions," said Nugent-Hopkins. "Some guys have experienced a few games. Some guys will be there in a few seasons. There definitely are some questions and I try to shed light on

> What does he tell them? "It's definitely the best of



everything," said Nugent-Hop-kins. "The checking is so much better, the speed of the game is just amazing. The first thing I noticed was the atmosphere in the buildings. It was extremely

fun to play in, playing against the best players in the world, players I've always watched, was pretty cool."

As much as Nugent-Hopkins has been the focus of the team's offence on the ice, he is the focus of attention off it for the advice he can give.

"He's been talking to us a little bit about it," said Jenner. "Little stories. Everyone lis-

tens in ... He's already been up there. It's kind of cool."

In all, 20 of Team Canada's 23 players are already drafted by NHL clubs. As many as 10 could get the call to come to camp immediately after the tournament if the lockout

They'll have pulled off a rare double: Getting to play in the world juniors, then getting

an immediate shot at the NHL.

"It's definitely pretty exciting to think about it that way," said Kitchener Rangers defenceman Ryan Murphy, a lock to go to the Carolina Hurricanes' camp. "I never really thought about it but that could have been my last game in Kitchener I played before the

'It would be nice to play another game in Kitchener, but it would be pretty cool to play in the NHL. Whatever happens, I'll be happy with it.'

TORSTAR NEWS SERVICE

Go to metronews.ca for coverage of Thursday's Canada-U.S. semifinal in Ufa Russia.

Premier League

Last-place QPR stuns Chelsea

Chelsea's recovery under Rafa Benitez was brought to a shuddering ha lt by the Queens Park Rangers on Wednesday as the Premier League's bottom team won 1-0 in the west London derby.

QPR's first win in the topflight at Stamford Bridge since March 1979 was secured by Shaun Wright-Phillips scoring against his former club.

The end of Chelsea's four-game win streak in one of the biggest shockers so far this season left Benitez's side fourth in the standings.

Everton is only two points behind after beating Newcastle 2-1, but has played a game more than both Chelsea and sixthplace Arsenal.

Liverpool still has its sights on the top four, beating Sunderland 3-0 to move seven points behind Chelsea but having played one more match. THE ASSOCIATED PRESS



Lockout. NHLers temper excitement

The talks have heated up and a deal could soon be at hand, but NHL players are trying not to let their hopes get too high that a collective-bargaining agreement will get signed and a partial season will be saved.

A group of eight NHL players skating in Candiac, Que., a suburb of Montreal, Wednesday were glad that their players' union and the league have been talking over the last few days in New York. But they caution that the NHLPA thought a deal was close only a month ago, only to see commissioner Gary Bettman withdraw his offer.

"Yes, we're excited, but I hope it's not like last time when we were all excited and then the next thing you know, it's off the table,' said forward Steve Begin. "But you have to stay posi-

Begin does not have a contract, but is awaiting a chance to crack the Calgary Flames' roster during what may be a short training

"Now I think it's time.... I think they'll get something done."

Defenceman Steve Begin



The league wants a deal done by Jan. 11, so a 48-game schedule can start on Jan. 19. The threat of losing an entire season, as happened in 2004-05, looks to have lit a fire under the negotiations.

"I've got excited before and I'm not going to get excited until a deal is signed," cautioned Montreal Canadiens captain Brian Gionta.

"We're looking forward because it's getting late," said Canucks forward Alex Burrows. "We're in the new year now, so we have to make sure they keep talking and find a way to grind it out and agree on a few things." THE CANADIAN PRESS

EASTERN CONFERENCE W L 22 8 21 10 20 10 19 13 17 13 16 14 17 15 Miami New York Atlanta Indiana Chicago Milwaukee Brooklyn Philadelphia

NBA

12 20 .375 .375 .353 .258 Orlando Detroit Charlotte Cleveland Washington WESTERN CONFERENCE W 25 24 L.A. Clippers .781 .774 1/2

.533

.531

.765 .690 .677 .563 San Antonio Memphis Golden State 21 10 18 14 18 15 16 15 14 14 .545 .516 Denver Portland Minnesot .500 9 .485 91/2 .484 91/2 .394 121/2 Utah L.A. Lakers Sacramento New Orleans Wednesday's results

Toronto 102 Portland 79 Sacramento 97 Cleveland 94 Indiana 89 Washington 81 Chicago 96 Orlando 94 Memphis 93 Boston 83 Miami 119 Dallas 109 OT San Antonio 117 Milwaukee 110 Brooklyn 110 Oklahoma City 93 Houston 104 New Orleans 92 Phoenix 95 Philadelphia 89 Utah 106 Minnesota 84 Oldin 100 Millinesold 04 L.A. Clippers at Golden State Thursday's games — All Times Eastern San Antonio at New York, 7:30 p.m. Minnesota at Denver, 9 p.m.

Friday's games
Sacramento at Toronto, 7 p.m.
Brooklyn at Washington, 7 p.m.
Cleveland at Charlotte, 7 p.m. Atlanta at Detroit, 7:30 p.m.
Philadelphia at Oklahoma City, 8 p.m. Indiana at Boston, 8 p.m. Chicago at Miami, 8 p.m. Portland at Memphis, 8 p.m Houston at Milwaukee, 8:30 p.m. Utah at Phoenix, 9 p.m. L.A. Lakers at L.A. Clippers, 10:30 p.m.

NBA SCORING LEADERS

Bryant, LAL	31	323	227	939 30.3
Anthony, NYK	25	249	164	729 29.2
Durant, Okl	30	277	249	854 28.5
James, Mia	29	295	132	762 26.3
Harden, Hou	30	229	266	783 26.1
Westbrook, Okl	30	224	156	646 21.5
Aldridge, Por	28	237	115	589 21.0
Wade, Mia	25	194	114	509 20.4
Lee, GoS	31	260	102	622 20.1
Curry, GoS	31	215	99	621 20.0
Pierce, Bos	30	197	148	598 19.9
Ellis, Mil	29	211	122	570 19.7
Parker, SA	31	234	114	597 19.3
Holiday, Phi	28	211	75	528 18.9
Lillard, Por	30	193	98	553 18.4
DeRozan, Tor	31	210	129	565 18.2
Mayo, Dal	32	206	97	583 18.2
Walker, Cha	31	206	111	560 18.1
Gay, Mem	27	185	87	485 18.0
Bosh, Mia	28	191	117	505 18.0
Anderson, NO	31	205	44	554 17.9
Duncan, SA	32	227	110	566 17.7
Deng, Chi	29	192	102	509 17.6
Jennings, Mil	29	188	78	509 17.6
Griffin, LAC	32	229	104	564 17.6
West, Ind	31	222	97	543 17.5
Howard, LAL	31	187	160	535 17.3

Not including last night's gan RAPTORS 102, TRAILBLAZERS 79

PORTLAND (79)
Batum 4-12 2-2 10, Aldridge 7-12 0-0 14,
Hickson 1-4 0-0 2, Lillard 6-13 5-6 18, Matthews 4-7 2-3 12, Freeland 4-6 3-3 11, Claver 1-2 0-1 2, Price 1-2 0-0 2, Babbitt 1-4 1-1 4, Barton 0-1 0-0 0, Pavlovic 1-3 0-0 2, Smith 1-4 0-0 2. Totals 31-70 13-16 79. TORONTO (102) Pietrus 0-4 0-0 0, Davis 9-12 1-4 19, Gray 0-0

0-0 0, Calderon 0-1 0-0 0, DeRozan 11-17 1-1 24, Johnson 7-12 3-3 17, Anderson 2-9 0-0 4, Lowry 0-2 0-0 0, Fields 3-4 1-1 7, Ross 8-14 4-6 26, Acy 0-0 2-2 2, Lucas 1-2 0-0 3. Totals 41-77 12-17 102.

Portland 17 22 22 18 -79
Toronto 24 31 23 24-102
3-Point Goals—Portland 4-22 (Matthews 2-4, Babbitt 1-4, Lillard 1-5, Claver 0-1, Pavlovic 0-2, Batum 0-6), Toronto 8-23 (Ross 6-9, Lucas 1-2, DeRozan 1-3, Calderon 0-1, Anderson 0-2, Lowry 0-2, Pietrus 0-4). Fouled Out—None. Rebounds—Portland 38 (Aldridge 10), Toronto 45 (Johnson, Davis, Fields 7). Assists—Portland 19 (Lillard 7), Toronto 34 (Calderon 13). Total Fouls—Portland 18, Toronto 20. Technicals—Acy. A—18,117

WILD-CARD PLAYOFFS

Saturday's games — All Times Eastern Cincinnati at Houston, 4:30 p.m. Minnesota at Green Bay, 8 p.m. **Sunday's games** Indianapolis at Baltimore, 1 p.m. Seattle at Washington, 4:30 p.m.

DIVISIONAL PLAYOFFS

Saturday, Jan. 12

Baltimore, Indianapolis or Cincinnati at Denver, 4:30 p.m.
Washington, Seattle or Green Bay at San

Francisco, 8 p.m.

Sunday, Jan. 13 Washington, Seattle or Minnesota at Atlanta, 1 p.m.

Baltimore, Indianapolis or Houston at New England, 4:30 n m **CONFERENCE CHAMPIONSHIPS**

Sunday, Jan. 20 AFC, TBA NFC, TBA

SUPER BOWL

AFC champion vs. NFC champion, 6 p.m.

IIHF WORLD JUNIORS OUARTER-FINALS

Wednesday's results U.S. 7 Czech Republic 0 Russia 4 Switzerland 3 (SO)

SEMIFINALS

Thursday's games — All Times Eastern Canada vs. U.S., 4 a.m. Sweden vs. Russia, 8 a.m. Friday's game (5th place)

MEDAL ROUND

Saturday. 4 a.m. GOLD MEDAL

RELEGATION BRACKET

GP W OTW OTL L GF
2 2 0 0 0 13
1 0 1 0 0 2
2 0 0 1 1 1
1 0 0 0 1 1 Germany Wednesday's result Finland 8 Germany 0

Thursday's game Slovakia vs. Latvia. 6 a m

Friday's games Latvia vs. Germany, 4 a.m. Finland vs. Slovakia, 8 a.m

PLAY

19

BY BETTY MARTIN

↑ Aries

March 21 - April 20

Today's Mercury-Uranus link warns that what you desire the most is unlikely to be good for you, so maybe you need to think about it again. Try to think through what the consequences might be - it could save you a lot of bother later on.

Taurus

April 21 - May 21
Focus on the big issues today. Don't let little everyday things distract you. Most people seem to enjoy getting caught up in trivial details. But you're not most people, you're a Taurus. Be different.

II Gemini May 22 - June 21

Whatever else you do over the next 24 hours, you must stay in control of your emotions. If you allow them to get out of hand, you could end up in a place you really don't want to be. Stay calm.

9 Cancer

June 22 - July 23 You won't be able to hide your

thoughts and feelings today. Your face will betray you even when you think you are lying convincingly. You might as well open up and let the world know what's in your heart.

Ω Leo July 24 - Aug. 23

You may be inclined to work harder than ever but it really isn't necessary. Ask yourself, honestly, if there is anything that must be done immediately. Chances are most things can wait a few days.

W Virgo Aug. 24 - Sept. 23

Although you are feeling pretty dynamic at the moment, you may find it hard to get moving today. Don't let it worry you if nothing much gets done because you will more than make up for it later on.

△ Libra

Sept. 24 - Oct. 23

Stop wasting time and energy thinking about what might have been and start thinking about what still could be if you get your act together right now. The past is over and done with, so focus on the future.

M Scorpio

Oct. 2 04 - Nov. 22

If you don't follow the rules today, you could find yourself in a lot of trouble. Be wary of people who try to encourage vou to take the kind of risks that even you tend to avoid. They'll lead you astray.

Sagittarius Nov. 23 - Dec. 21

You may be a nice guy by nature but you will fight for what you believe and you are certainly no pushover. Who was it who said, "Speak softly and carry a big stick"? That's the kind of outlook you need.

17 Capricorn

Dec. 22 - Jan. 20

You may be inclined to throw yourself at each and every challenge that comes your way but that's just a waste of time and energy. Choose your battles carefully and aim to win them one at a time.

Aquarius Jan. 21 - Feb. 19

Rivals and competitors seem determined to give you a hard time but that's OK. You are at your best when it seems as if the world is against you. It's not true, of course, but it does tend to motivate you.

H Pisces

Feb. 20 - March 20

It may seems as if your life is heading down a predestined course but that isn't strictly true. You can change your destiny any time you choose, but first you need to believe that it's possible. Start believing today, SALLY BROMPTON

Across

- 1. Coffee holder
- 4. Beer holder
- 7. Intense anger
- 11. Minerals
- 13. Opening (anat.) 14. I smell — (2 words)
- 15. Window shopping
- 17. Patience – virtue (2 words) 18. First two vowels in a sequence
- 19. Handbag handles
- 22. Pancake mixture
- 26. Battery sz.
- 27. Spanish cheer
- 28. Blood type (abbr.)
- 30. Fencing weapon
- 34. Actress Maris of Nurses
- 35. Show gratitude to 37. Ruin
- 38. Florida city
- 40. Negative
- 41. loss for words (2 words)
- 42. Chemical suffix 43. Confidential
- 46. Newcomer
- 50. Unser of racing
- 51. Lab eggs
- 52. Refrains from
- 58. Yestervear
- 60. "The Crying Game" actor
- 61. Kind of point
- 62. Monthly exp.
- 63. Directed
- 64. Atlas abbr.

- 1. Corn throwaway
- 2. YYZ posting
- 3. Prefix meaning recent
- 4. Japanese carp 5. Shore bird
- 6. Jokes
- 7. Egyptian Sun God

- 9. Sound of fright 31. Actor Epps of House, M.D. 10. Greek letters
- 12. Smack
- 16. Lay eyes on 20. Chore
- 21. Not yet cooked
- 22. Gravy holder
- 23. Burghoff's co-star
- 24. Plow puller
- 25. School cheer
- 29. Exclude

- 32. Hotel posting
- 33. Mild oath

60

- 35. Powder
- 36. Numerals (abbr.)
- 39. Luau fare
- 44. Consume
- 45. Chowder ingredient
- 46. Slangy refusal 47. Football shape 48. Bud holder
- 49. My Name is -53. Opie's aunt
- 54. Melancholy
- 55. Comparative suffix
- 56. Word with 'waste' and 'want'
- 57. Fr. holy woman
- 58. Roger E. Mosley on Magnum,

27

How to play Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and

Yesterday's Sudoku

4	2	8	3	5	9	1	7	-6
5	9	3	7	6	1	2	4	6
7	6	1	8	4	2	9	3	5
8	3	7	1	2	5	6	9	4
6	5	2	9	3	4	7	6	1
1	4	8	ű.	8	7	3	5	2
2	7	4	5	1	3	0	6	9
Ú	1	0	4	7	8	5	2	3
3	8	5	2	9	6	4	1	7

	2		8		7		1	
	7	5				9	4	
1								2
		6	7	1	8	2		
		4	6	9	3	8		
5								7
	8	9				3	6	
	6		4		5		8	

See today's answers metronews.ca/ answers.













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